

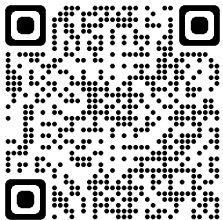
# MULVANE

RECREATION COMMISSION

LIVE YOUR BEST LIFE!

# SUMMER PROGRAM GUIDE

2024  
MAY-AUGUST



632 E. MULVANE STREET  
MULVANE, KANSAS 67110  
316-777-0858

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[WWW.MULVANEREC.COM](http://WWW.MULVANEREC.COM)

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## Annex Building



## Main Building



## Locations

(316) 777-0858

**MRC Main Building**

632 E. Mulvane Street

**MRC Annex Building**

411 SE. Louis Drive

(Connected to the Grade School Gym)

## WHAT`S HERE?

- WALKING TRACK
- ONE GYMNASIUM- 2 COURTS
- VOLLEYBALL NETS
- OPEN GYM BASKETBALL
- OPEN GYM VOLLEYBALL
- FITNESS CLASSES
- CARDIO EQUIPMENT ON WALKING TRACK

## WHAT`S HERE?

- WEIGHT ROOM
- CARDIO ROOM
- ONE GYMNASIUM
- OPEN GYM PICKLEBALL
- CATPACK PROGRAM
- MAIN ADMIN OFFICES

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## Our Mission Statement

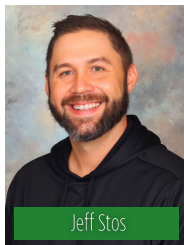
To serve the citizens of the USD 263 School District by providing quality, affordable recreation programs that invite participation, build relationships, and enhance lives.

## Team Mrc



Andrea Kelly

Executive Director  
Ext. 101  
akelly@mulvanerec.com



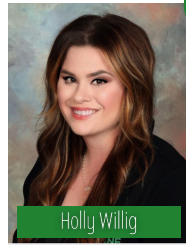
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Sports Director  
Ext.  
cmcafee@mulvanerec.com



Avery Dillon

Assistant Youth Program Director  
Ext.  
adillon@mulvanerec.com

## Board Of Directors

President - Ron Hladik

Member at Large - Brian Comer

Member at Large - Debbie Kendrick

Member at Large - Theresa Cummins

Member at Large - Caleb Hatfield

## Stay Informed

like and follow us on social media



@mulvanerec



@mulvane\_rec



www.mulvanerec.com

# FACILITIES

## Facility Hours

Monday - Thursday 5:30 am to 9:00 pm

Friday 5:30 am to 7:00 pm

Saturday 8:00 am to 5:00 pm

Sunday 1:00 pm to 5:00 pm

## AMENITIES

- **Two Gymnasiums** - Three Courts Total
- **Walking Track**
- **Cardio Center** - Treadmills, Ellipticals, AMT's, Recumbent Bikes, Bikes, & Rowing Machine
- **Weight Room** - Weight Machines & Free Weights
- **Classrooms**
- **Two Fitness Studios**
- **Community Room** - Available to Rent

## FACILITY RENTALS

- **Community Room**
- **Baseball & Softball Fields**
- **After Hours Gym Rentals**

## GYM RENTAL PACKAGES

Rental Package 1	Rental Package 2	Rental Package 3
MAIN GYM	ANNEX GYM	ANNEX GYM
3 Goals	Full Court	Half Court
1 Pickleball Net	6 goals	3 Goals
\$60 Per Hour	2 volleyball nets	1 Volleyball Net
\$50 Deposit	\$75 per hour	\$55 Per Hour
	\$50 deposit	\$50 Deposit

Time and dates available vary by season due to MRC Programs & Activities. days available for rentals are Friday, Saturday, or Sunday. Rentals are not guaranteed & are scheduled based upon availability. Rental requests must be scheduled for 2 hours minimum.

## MEMBERSHIPS

Memberships and daily passes can be purchased anytime during operating hours or online 24/7.

## MEMBERSHIPS

### MEMBERSHIP RATES

TYPE	MONTHLY	DRAFT	ANNUAL
Single	\$ 20.00	\$ 18.00	\$ 216.00
Single + Classes	\$ 30.00	\$ 30.00	\$ 360.00
Family	\$ 35.00	\$ 31.50	\$ 378.00
Family + Classes	\$ 45.00	\$ 45.00	\$ 540.00

(\*Family is defined as the Member, Spouse, and their legal dependents.)

Sr. Walking	\$ 10.00	\$ 9.00	\$ 108.00
Adult Day Pass	\$ 3.00		
Youth Day Pass	\$ 2.00		
Class Drop In	\$ 5.00		

## SPECIAL EVENTS

- **Shine Glow Fitness Event**
- **Pickleball Tournament**

## CLASSES FOR ALL AGES

- **Fitness**
- **Guitar Lessons**
- **Taekwondo**
- **Clogging**

# INFORMATION

## REGISTRATION

Three Ways to Register -

- In person at 632 E. Mulvane Street where one of our friendly desk clerks can assist you.
- Via online at [www.mulvanerec.com](http://www.mulvanerec.com).
- Through the mail, send to 632 E. Mulvane St., Mul

**CONTACT MRC AT 777-0858  
FOR ASSISTANCE!**

## CHANGES/CANCELLATIONS

- Programs are sometimes cancelled or altered due to low registration, changes in staff or facility availability
- If a program has been cancelled or altered, we will work with you to transfer your registration to another program of your choice.

## CLASS FEES

### RESIDENT/NON-RESIDENT FEES

Mulvane residents make significant contributions to the operation of this agency through the payment of property taxes. These contributions are above the fees that they also pay for programs and services offered by the MRC. In recognition of this contribution, Mulvane residents qualify for the 'Resident' rate for all programs. We have also chosen to extend a neighborly 'Resident' rate to our friends in Peck, Belle Plaine, & Udall. Those living outside of these boundaries qualify for the 'Non-Resident' price.

## WAITING LISTS

Waiting lists are automatically created when there are more registrations for a program than space available. You can be added to the wait list and will be contacted if a space opens up. If you accept the available space, payment is due at that time.

## REFUNDS

- Full refunds will be issued for any program cancelled by MRC.
- Participants may request refunds for classes/sports up to the start date or the program's first meeting or practice. Once the class/sport has begun, no refunds will be issued.
- Refunds for trips and contractual events/services/programs will only be issued if the spot can be filled from the waiting list.
- A \$5 administration fee will be charged against refunds for cancellations, including those due to medical concerns, to cover clerical and administrative costs. No administrative fees are charged when a program is cancelled by the MRC.
- Fees paid by credit cards will be refunded back to the credit card.
- Refund processing may take up to three weeks.

## CLASS REGISTRATION DEADLINE

- Program registration is open on a first-come, first-served basis.
- Early registration is encouraged.
- Registration close dates are listed in the guide and online.

## CLASS MAKEUP POLICY

- If classes need to be cancelled, MRC staff will notify all participants before the beginning of class.
- Any class missed will be made up as time allows.

## CLEANING, SANITIZING, & SAFETY

All members are required to wipe down the equipment they use with a sanitation wipe provided by the MRC. If sanitation wipes are unavailable, please use the paper towels and disinfectant spray also provided by the MRC. Spray the disinfectant on the paper towel and then wipe the surface.

# INFORMATION

## DISCLAIMERS

### GUIDE CHANGES/ERRORS DISCLAIMER

Due to the large amount of information available in the MRC Program Guide, errors before or after publication may occur. We apologize for any errors in this brochure and we will advise you of any changes as quickly as possible. We will also attempt to keep information on our website, [www.mulvanerec.com](http://www.mulvanerec.com), as current as possible. Thank you for your patience and understanding when these situations occur.

### PHOTO/VIDEO DISCLAIMER

Photography or video recording is permitted at all MRC events and activities, unless posted or asked otherwise. MRC reserves the right to require a person to leave the premises or cease taking photos or using a video device if the MRC finds such behavior to be disruptive.

By the use of the MRC facilities and services, participants of programs and special events grant permission for the MRC to take photos and videos of themselves and their children for publication in the program brochure, website, and additional uses as the MRC deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on MRC property and at MRC events and programs must be approved through the MRC administrative offices.

MRC facilities are monitored with video surveillance for MRC's private use as a means to safeguard property and participants. MRC does not allow 3rd parties to view surveillance footage.

## WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparations, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreation activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries inherent to indoor/outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for MRC to guarantee absolute safety.



## BUILD LASTING RELATIONSHIPS

CONTACT KANDE JONES  
[KJONES@MULVANEREC.COM](mailto:KJONES@MULVANEREC.COM)

The advertisement is framed with a dotted border. On the left, it says "MULVANE Café AND Share" with a flower icon, "MONDAYS &amp; THURSDAYS", and "12PM-5PM". In the center, there are two photos of the "Café Share" storefront. On the right, a pair of hands holds a white silhouette of a family. Below the hands, the address "1014 N. 2nd Ave Mulvane, Ks 67110" and phone number "316-440-6687" are listed.

# MRC Youth Programs

## ALOHA!

May 28-Aug 2  
Mon-Fri

Summer  
Rec

6:30 am-6:00 pm  
Tuition: \$120/week  
Meals Provided  
Weekly Field Trips  
**NO REGISTRATION FEE!**

## THEATRE CAMP

June 10-July 25  
Tue, Wed, Thu 1-3pm  
\$50 Registration Fee

Be a part of the show!  
Learn about theatre, how  
to put on a show, and  
make some friends!  
End camp with a  
complete production for  
your family and friends  
at the Pix!

Register at  
[www.mulvanerec.com](http://www.mulvanerec.com)

## Birthday Party

Celebrate your birthday  
at the MRC!

Choose from Cosmic  
Dodgeball,  
Bouncy House, Imagination  
Playground,  
or Inflatable Obstacle Course  
15 Kids/Gym/Party Room  
Packages start at just \$125

## MRC Cat Pack

### Before & After School Care

Starts  
Aug 13th

Monday-Friday  
Open at 6:30am  
Close at 6:00pm  
AM Only: \$35/week  
PM Only: \$45/week  
AM & PM Care: \$55/week

NO  
Registration  
Fee!



**FOR MORE INFORMATION VISIT [WWW.MULVANEREC.COM](http://WWW.MULVANEREC.COM)**

# ENRICHMENT



**PARENT'S NIGHT OUT**

06:30PM-9:00PM

**1st Friday of each month**  
\$10 per child  
\$5 per sibling

We'll take the kids so you can take a break!  
Pizza-Movies-Games-Crafts & MORE!  
Kinder-5th Grade

www.mulvanerec.com

## Parent's Night Out

Join us for Parents' Night Out! Need a break? Drop off your kids for a few hours of fun, games, and activities while you enjoy some well-deserved time to yourselves. Taking place every first Saturday of the month, our program ensures your children are in safe hands while you recharge and relax. From arts and crafts to movie nights, we've got an exciting lineup planned to keep your little ones entertained. Don't miss out on this opportunity to take a breather and enjoy a worry-free evening!

## MRC Summer Theatre Camp

Discover the spotlight at MRC Summer Theatre Camp! Calling 3rd-8th graders to join us for a thrilling journey into the world of drama. From acting techniques to stage presence, campers will explore it all. The highlight? A dazzling performance at the prestigious Pix Theatre. Don't miss this chance to shine on stage and make lasting memories!



*In the grand theater of existence, every soul contributes to the drama of connection.*

# MRC Summer Theatre Camp

**3rd - 8th Grade**

Dates: Jun 10-Jul 25  
Times: Tue, Wed, & Thu 1-3 pm  
Location: Mulvane Rec Center  
Showtime: Jul 25 6pm at the Pix  
Cost: \$50

MULVANE RECREATION COMMISSION  
LIVE YOUR BEST LIFE!  
Limited space! REGISTER TODAY!  
www.mulvanerec.com



Let's Laugh & Play with Friends

4TH SATURDAY OF THE MONTH

# SPECIAL NEEDS GAME GROUP

WITH JENN RAY

2:00PM-3:30PM  
MULVANE RECREATION COMMISSION  
632 E. MULVANE STREET  
MULVANE, KS 67110

## Special Needs Game Group

Join Jenn Ray in a Support Game Group! A safe space for parents, caregivers, and special needs children to connect, share, and have fun. Come together for games, laughter, and mutual support in a welcoming environment. Let's build bonds and navigate challenges together, one game at a time.



# GUITAR

LESSONS WITH DELBERT WELLS

CALL 316-777-0858 TO REGISTER

## Guitar Lessons

Embark on a musical journey with Delbert's Guitar Lessons! Whether you're into acoustic melodies, electric riffs, or groovy basslines, Delbert offers expert guidance tailored to your interests and skill level. Join us to learn the art of guitar playing in a supportive and engaging environment. Unleash your musical potential with personalized instruction from Delbert today!

# FITNESS

What  
DO WE OFFER?



CARDIO ROOM



TWO GYMS



WEIGHT ROOM



WALKING TRACK



FITNESS STUDIOS



INTERVAL STATIONS

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## TAKE A LOOK!

- **Two Gymnasiums** - Three Courts Total
- **Walking Track**
- **Cardio Center** - Treadmills, Ellipticals, AMT's, Recumbent Bikes, Bikes, & Rowing Machine
- **Weight Room** - Weight Machines & Free Weights



# FITNESS

SUMMER  
**2024**

SCHEDULE  
MAY-AUGUST

MON	TUE	WED	THU	FRI
HIGH DEFINITION 5:30AM-6:30AM	SHINE 5:30AM-6:15AM	HIGH DEFINITION 5:30AM-6:30AM	SHINE 5:30AM-6:15AM	HIGH DEFINITION 5:30AM-6:30AM
YOGA CHAIR 8:15AM-9:00AM	HIIT/POUND 5:30AM-6:15AM	YOGA CHAIR 8:15AM-9:00AM	HIIT/POUND 5:30AM-6:15AM	
SLOW FLOW YOGA 9:15AM-10:00AM	SHINE COMBO 8:30AM-9:15AM	SLOW FLOW YOGA 9:15AM-10:00AM	SHINE COMBO 8:30AM-9:15AM	
FULL BODY CIRCUIT 4:15PM-5:00PM	GIRL POWER 10:00AM-10:45AM	GIRL POWER 10:00AM-10:45AM	GIRL POWER 10:00AM-10:45AM	
NIGHT FLOW YOGA 5:30M-6:15PM	TAE KWON DO 7:00PM-8:00PM	SHINE COMBO 6:15PM-7:00PM	FULL BODY CIRCUIT 4:15PM-5:00PM	
SHINE UPLIFT 6:30PM-7:15PM			TAE KWON DO 7:00PM-8:00PM	

SESSION 1: SUNDAY, MAY 26TH-SATURDAY, JUNE 29TH  
SESSION 2: SUNDAY, JUNE 30TH-SATURDAY AUGUST 3RD  
\*NO MAKE-UP WEEK FOR SUMMER CLASSES

**CHECK OUT  
OUR NEW  
CLASSES!**

**MULVANE**  
RECREATION COMMISSION  
LIVE YOUR BEST LIFE!

# FITNESS

**Session 1 Dates: Sunday, May 26th - Saturday, June 29th**  
**Make-up week: NO MAKE UP WEEK**

**Session 2 Dates: Sunday, June 30th - Saturday, August 3rd**  
**Make-up week: NO MAKE UP WEEK**

## **NIGHT FLOW YOGA**

A sweet flow for the end of your day, when you want to release the residue and prepare for a good night's sleep. Move mindfully in a straight-forward flow, with some longer holds, gentle twists, hip openers, and forward folds.

**INSTRUCTOR: Tracie Duncan**

**Cost: \$20.00**

**Location: Studio A**

**Days: Mondays & Wednesdays**

**Time: 5:15pm - 6:00pm**

---

## **YOGA CHAIR**

Calm the mind with breath work, improve balance, flexibility, and strength. This class incorporates seated exercises, as well as standing poses, and movement, utilizing the chair for balance support.

**INSTRUCTOR: Tracie Duncan**

**Cost: \$20.00**

**Location: Studio B**

**Days: Mondays & Wednesdays**

**Time: 8:15am to 9:00am**

---

## **SLOW FLOW YOGA**

Introspective, slow movements link breath with motion. Focus is on calming the mind through breath work, while improving balance, flexibility, and strength. Slow enough for all levels while giving experienced students the opportunity for advanced skill.

**INSTRUCTOR: Tracie Duncan**

**Cost: \$20.00**

**Location: Studio B**

**Days: Mondays & Wednesdays**

**Time: 9:15am to 10:00am**

## **HIGH DEFINITION**

Are you ready for a full body workout? Then this is YOUR class! High Definition incorporates circuit and partner styles, body resistance bands, and weights aimed at toning and defining your muscles, all while keeping your heart rate up!

**INSTRUCTOR: Tracey Stump**

**Cost: \$20.00**

**Location: Studio B**

**Days: Mondays, Wednesdays, & Fridays**

**Time: 5:30am to 6:30am**

---

## **HIIT/POUND**

This unique class blends the short, maximum effort bursts of activity from High Intensity Interval Training with Pound's Ripstix (lightly weighted drumsticks). This fun and fast paced class gets your heart pumping while you are toning your muscles! So let loose, get energized, and let your inner rockstar out! Sign up today!

**INSTRUCTOR: Tracey Stump**

**Cost: \$20.00**

**Location: Studio A**

**Days: Tuesday & Thursdays**

**Time: 5:30am to 6:15am**

---

## **FULL BODY CIRCUIT**

Maximize your time with a circuit targeting your entire body. This class will move through a variety of bodyweight & strength exercises quickly, aiming to build strength, muscle endurance and cardio. Exercise adaptations and the speed at which exercises are performed are unique to the individual, making this a good fit for all levels.

**INSTRUCTOR: Cassey Belt**

**Cost: \$20.00**

**Location: Studio A**

**Days: Mondays & Wednesdays**

**Time: 4:15pm to 5:00pm**

# FITNESS

**Session 1 Dates: Sunday, May 26th - Saturday, June 29th**  
**Make-up week: NO MAKE UP WEEK**

## CLOGGING BEGINNER

Beginners will learn the basic steps of clogging, proper fundamentals, timing, and posture.

**INSTRUCTOR: Joe Dawley**

**Cost: \$15.00**

**Location: Senior Center**

**Days: Wednesdays**

**Time: 6:00pm - 6:45pm**

## CLOGGING INTERMEDIATE

When you move up to intermediate, you will master new skills including double basic, triple, fancy double, and cotton swing steps.

**INSTRUCTOR: Joe Dawley**

**Cost: \$15.00**

**Location: Senior Center**

**Day: Wednesdays**

**Time: 6:45pm - 7:30pm**

## CLOGGING ADVANCED

Reaching advanced clogging, you will learn new dance steps including buck and Canadian dancing.

**INSTRUCTOR: Joe Dawley**

**Cost: \$15.00**

**Location: Senior Center**

**Days: Wednesdays**

**Time: 7:30pm - 8:15pm**

## SPARRING

Equipment Required: Head gear, hand and foot protection, groin protection and mouth guard. Class will begin with warm up drills and end with controlled sparring. A receipt must be presented upon attending class.

**INSTRUCTOR: Jason Sears**

**Cost: \$5.00**

**Location: Studio B**

**Days: Saturday, June 29th & Saturday, August 3rd**

**Time: 9:30am to 10:30am**

**Session 2 Dates: Sunday, June 30th - Saturday, August 3rd**  
**Make-up week: NO MAKE UP WEEK**

## TAE KWON DO

Jason Sears is an internationally certified black belt and master instructor affiliated through World Tae Kwon Do (Kukkiwon) and USA Taekwondo (Team USA). Participants will learn many techniques to gain experience and, if desired, they may have the opportunity to compete in local, regional, and national tournaments.

Tae Kwon Do Classes will focus on self-defense, blocks, hand and kicking techniques as well as balance and breathing exercises. It's a good cardio workout as well. Optional Equipment: Tae Kwon Do Dobak (uniform) and taekwondo shoes. Information, sizing, and purchasing discussed in the first class.

**INSTRUCTOR: Jason Sears**

**Cost: \$30.00**

**Location: Studio B**

**Days: Tuesdays and Thursdays**

**Times: 7:00pm to 8:00pm**

**Minimum age: 7**

## SELF DEFENSE

Participants will learn many techniques to protect themselves and loved ones from dangerous situations. Knowledge is key when you're faced with dangerous situations. This is a class you won't want to miss!

**INSTRUCTOR: Jason Sears**

**Cost: \$5.00**

**Location: Studio B**

**Days: Saturday, June 29th & Saturday, August 3rd**

**Time: 11:00am to 12:00pm**

**Minimum age: 10**



**PERSONAL TRAINING**  
*With Troy Dossy*  
Individual - 2 x 30 mins / \$30  
Individual - 4 x 30 mins / \$60  
Individual - 4 x 60 mins / \$110  
Individual - 8 x 60 mins / \$200  
Group sessions (2-4 Members)  
available at 1 x 60 minute session  
for \$20 each  
Troy will contact you for your first session

# FITNESS

**Session 1 Dates: Sunday, May 26th - Saturday, June 29th**  
**Make-up week: NO MAKE UP WEEK**

**Session 2 Dates: Sunday, June 30th - Saturday, August 3rd**  
**Make-up week: NO MAKE UP WEEK**



## Special Event: Shine "Glow" Fitness Class

This event will be one you do not want to miss! Shine Fitness is a dance fitness program that has some of Shine's original choreography, rooted in traditional jazz, ballet, and hip hop. The event will provide the perfect balance of cardio, toning, and strength components. Glow Sticks and Black lights will be set up and provided for all, so sign up today for this special opportunity and Shine out with an extra glow!

**Date: Saturday, July 27th**

**Time: 10:00am-10:45am**

**Location: MRC Annex Gymnasium**

**Fee: \$10.00**

**Instructor: Amy Nelson**

*Fee Includes the class/workout, a shine fitness "glow" t-shirt, & snacks/drinks will be provided as well!*

## GIRL POWER

Girl Power is all about empowering yourself and others. If you are looking for a class to build your strength from the inside out in a fun, positive environment then this is the class for you!

**INSTRUCTOR: Kadee Carter**

**Cost: \$20.00**

**Location: Studio A**

**Days: Tuesday, Wednesday & Thursday**

**Time: 10:00am - 10:45am**

## SHINE FITNESS

Shine's original choreography, rooted in traditional jazz, ballet, and hip-hop, provides the perfect balance of cardio, toning, and strength components. Each routine is designed to get students out of their heads and into their bodies. Immerse yourself in current music and fun dance moves.

**INSTRUCTOR: Amy Nelson**

**Cost: \$20.00**

**Location: Studio A**

**Day: Tuesday & Thursday**

**Time: 5:30am - 6:15am**

## SHINE UPLIFT

Uplift combines iconic hits from decades past and present with choreographed strength routines. You'll use weights, bands, and focused balance and mat work for a well-rounded workout.

**INSTRUCTOR: Amy Nelson**

**Cost: \$20.00**

**Location: Studio A**

**Day: Monday**

**Time: 6:30pm - 7:00pm**

## SHINE UPLIFT AND SHINE FITNESS COMBO CLASS

This class focuses on the combination of Shine Uplift's iconic hits with the use of weights, bands, and focused balance and mat work while also mixing in Shine's original choreography, rooted in traditional jazz, ballet, and hip hop, provides the perfect balance of cardio, toning, and strength components.

**INSTRUCTOR: Amy Nelson**

**Cost: \$20.00**

**Location: Studio A**

**Days & Times:**

**Wednesday: 6:15pm - 7:00pm**

**Tuesday & Thursday: 8:30am - 9:15am**

# SPORTS

## Open Gym Volleyball

Join us for Open Gym Volleyball - the ultimate blend of fun and skill-building! Whether you're gearing up for the upcoming volleyball season or just looking to have a blast with friends, our open gym sessions are the perfect fit!

**Fee:** Day Pass/MRC Membership

**Day:** Wednesday

**Time:** 7:00pm-9:00pm

**Location:** MRC Annex Gymnasium

## Evening Basketball

Whether you're a hoop aficionado or just looking to shoot some hoops with your buddies, our open gym sessions are the place to be. Grab your crew, lace up your kicks, and get ready for some epic pick-up games.

**Fee:** Day Pass/MRC Membership

**Day:** Tuesday 7:00pm-9:00pm (16 and older)

Thursday 7:00pm-9:00pm (18 and older)

**Location:** MRC Annex Gymnasium

## Open Gym - Pickleball

Pickle ball is a court game using a tennis-type net, paddles, & plastic wiffle-type balls. Whether you're a seasoned pro or just starting out, our open gym is the perfect place to serve up some fun and make new friends.

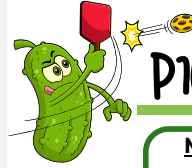
**Fee:** Day Pass/MRC Membership

**Age:** 16+

**Time/Day:** See schedule

**Location:** MRC Annex Gymnasium due to Summer Rec Program

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## PICKLEBALL SCHEDULE

### MONDAY

7:00am-9am  
Intermediate  
9am-11am  
Beginner

### TUESDAY

7:00am-9am  
Intermediate  
9am-11am  
Beginner

### WEDNESDAY

7:00am-9am  
Intermediate  
9am-11am  
Beginner

### THURSDAY

7:00am-9am  
Intermediate  
9am-11am  
Beginner

### FRIDAY

7:00am-9am  
Intermediate  
9am-11am  
Beginner

Pickleball will be played at the Annex Gym during our Summer Rec Program



## GENERAL PICKLEBALL SKILL LEVELS

### BEGINNER



- First time and up
- Can hit simple shots
- Have basic understanding of the rules

### INTERMEDIATE



- Can hit mix shots
- Sustain longer rallies
- Understands the rules and strategy

## ADULT COED SLOW-PITCH SOFTBALL LEAGUE

Our coed slow-pitch softball league is set up for a good, honest competition with respect to each other's playing abilities and the rules. Games will be played at the Sports Complex in Mulvane on Tuesday evenings.

### Program Registration

**Early Registration:** June 10th - July 7th

**Regular Registration:** July 8th - July 21st

### Registration Price

**Early Registration:** \$250

**Regular Registration:** \$300

### League Details

**Game Schedule:** August 6th - September 24th  
(8 week session)

**Day:** Tuesday

**Time:** 6:00pm/7:00pm/8:00pm



# SPORTS



## POSITIVE COACHING ALLIANCE

We have partnered with Positive Coaching Alliance to continue encouraging a positive environment and experience for our youth sports programs. This collaboration will support our goal of teaching good sportsmanship and healthy competition in a fun atmosphere, to our coaches and youth participants. For more information you can visit the Positive Coaching Alliance website at: [www.PositiveCoach.org](http://www.PositiveCoach.org)

**Coaching for mastery.  
Filling the emotional tank.  
Honoring the game.**

## PUNT, PASS, KICK COMPETITION



### PUNT, PASS, KICK COMPETITION

Participants will be guaranteed 3 rounds of punting, passing, & kicking. The top 50% best scores will advance to the final round. During the final round, participants will get 2 rounds of punting, passing, & kicking. The top 3 scores will be awarded the grand prize! All participants will also get an MRC Punt Pass & Kick T-Shirt. Scoring system will be explained in detail the day of the competition. To be guaranteed a shirt, register on or before Sunday, September 16th.

**Age Groups:** 3rd/4th Grade  
5th/6th Grade  
7th/8th Grade

#### Program Registration

**Early Registration Period:** Monday, August 12th

**Early Registration Deadline:** Sunday, September 8th

**Regular Registration Period:** Monday, September 9th

**Late Registration Deadline:** Sunday, September 22nd

#### Registration Price

**Early Registration Fee:** \$35

**Regular Registration Fee:** \$40

#### Competition Day & Time

Saturday, September 28th @ 1:00pm at the Mulvane Sports Complex - North Soccer Field

### MRC SWIM TEAM

The Mulvane Recreation Commission Swim Team will be participating in the Ark Valley Swim League. This will be a travelling league with Belle Plaine, Conway Springs, & Clearwater. The league is designed for recreational/competitive swimmers. Participants will learn proper techniques on performing and executing the certain swim strokes.

**Participant Expectations:** The swimmer must be able to swim across the pool in order to compete in meets.

**Participant Equipment:** Participant must supply own goggles & swim suit. Participant will receive team shirt.

**Early Registration Period:** Monday, April 1st | Sunday, April 28th

**Late Registration Period:** Monday, April 29th | Sunday, May 12th

**Early Registration Fee:** \$35

**Late Registration Fee:** \$55

**Head Coach:** Haley Myers

**Age Divisions:** 8 & Under 10 & Under 12 & Under 14 & Under 18 & Under

#### Program Dates/Times:

**Practices:** Monday-Friday; Starts Tuesday, May 28th

**Time:** 12:00-12:45 P.M. \*No Practice on Monday, May 27th - Memorial Day\*

#### League Meets Details

**Warm-ups:** 7:00am-8:00am

**Meets:** 8:00am-12:30pm

#### League Meet Schedule

June 10th - Belle Plaine; June 15th - Mulvane; June 22nd - Conway Springs; June 29th League Meet - Clearwater

**Parent Information Meeting:** Tuesday, May 6th at 7:00pm @ MRC Main Building

### NFL FLAG FOOTBALL

Divisions are subject to change. Official NFL reversible jersey & flags are included fee. Participants are required to provide their own mouth guard. League Divisions: Kindergarten will be in a division of their own. The group will practice together and will split into two teams. The 1st/2nd grade Division will be in a division will separate into their own teams. All Flag Football Coaches will create their own practice schedule.

#### Program Registration:

**Early Registration Period:** Monday, June 17th - Sunday, July 14th

**Regular Registration Period:** Monday, July 15th - Sunday, July 28th

#### Registration Price:

**Early Registration Fee:** \$45

**Regular Registration Fee:** \$65

#### Program Dates/Days

**Practices Schedule:** Week of August 12th

\*No practice Monday, September 2nd, Labor Day

**Season Schedule:** September 7th - October 12th

**Game Day:** Saturday

**Location:** Mulvane Sports Complex - North Soccer Field



# SPORTS

## Summer Youth Gymnastics BEGINNERS Program

with Taylor Peterson

### SESSION DATES

SESSION 1  
5/27 TO 6/26

SESSION 2  
7/1 TO 8/31



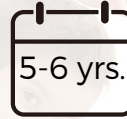
1-2 yrs.

Monday / Wednesday  
5:45pm-6:15pm  
Studio B  
\$30 PER DAY



3-4 yrs.

Monday / Wednesday  
6:15pm-7pm  
Studio B  
\$30 PER DAY



5-6 yrs.

Monday / Wednesday  
7pm-7:45pm  
Studio B  
\$30 PER DAY



7-8 yrs.

Monday / Wednesday  
7:45pm-8:30pm  
Studio B  
\$30 PER DAY

\*CHOOSE ONE DAY OR BOTH DAYS

### 1st/2nd Youth Volleyball – Instructional Program

This league is designed to obtain high levels of achievement. The focus will be on teaching basic skills, learning rules of the game, & developing proper technique for the game of Volleyball. Games & practices will be played using a "Biggie Soft Play" volleyball.

**Early Registration Period:** Monday, June 19th – Sunday, July 16th

**Regular Registration Period:** Monday, July 17th – Sunday, July 30th

**Early Registration Price:** \$25

**Regular Registration Price:** \$45

**Practices:** First Practice will be Tuesday August 15th

**Practice Days:** Tuesday/Thursday

**Time:** 5:45pm-6:45pm

**Season Schedule:** September 9th – October 14th

**Game Day:** Saturday @ 1:00pm

**Location:** MRC Annex Gymnasium



### 3rd/4th & 5th/6th Grade Youth Volleyball Travelling League

This recreational volleyball league is designed to emphasize and improve on team volleyball skills. The focus of the volunteer coaches will work with the players on the improvement of skills, continuing learning and analyzing the rules of the game, & improving on the proper form's techniques. This league is joined by Haysville & Clearwater. All home games will be played at the MRC Annex Gymnasium.

**Early Registration Period:** Monday, June 19th – Sunday, July 16th

**Regular Registration Period:** Monday, July 17th – Sunday, July 30th

**Early Registration Fee:** \$45

**Regular Registration Fee:** \$65

**Practices:** Monday/Wednesday or Tuesday/Thursday

**Practices Begin:** Week of August 14th

\*No practice Monday, September 4, Labor Day

**Season Schedule:** September 9th – October 14th

**Game Day:** Saturday

**Location:** MRC Annex Gymnasium



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**OPEN MIXED DOUBLES**

# PICKLEBALL TOURNAMENT

MEN OR WOMEN OF  
ALL SKILL LEVELS ARE  
WELCOME!

SATURDAY  
**JULY 20**

**AT MRC ANNEX GYM**

411 SE. LOUIS DRIVE  
MULVANE, KS 67110  
GAMES START AT 9:00AM

**REGISTRATION:**

**\$60** PER TEAM

INCLUDES T-SHIRT

TO REGISTER PLEASE VISIT:

[WWW.MULVANEREC.COM](http://WWW.MULVANEREC.COM)



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BY JUNE 23RD**  
REGISTRATION DATES MAY  
28TH - JULY 7TH

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